



TEXAS DEPARTMENT OF HEALTH
AUSTIN TEXAS
INTER-OFFICE

TO: Regional Directors
Directors, Local Health Departments
Directors, Independent WIC Local Agencies
Director, Office of Public Health Practice

FROM: Barbara Keir, Director {Original Signed}
Division of Public Health Nutrition and Education
Bureau of Nutrition Services

DATE: March 1, 2002

SUBJECT: New nutrition education materials

This memo contains information about three new nutrition education materials. Your local agency will be receiving copies of each item within the next two weeks. Please give this information to your breastfeeding coordinator.

- **SP-000-11, Weaning Your Baby From the Breast** - a self-paced lesson to be given only to clients who come into the clinic requesting information on how to wean their baby. Includes Breastfeeding Benefits Chart, which lists benefits to mother on one side and baby on the other, broken down by breastfeeding duration. This chart may be copied on color paper and used as a handout for other breastfeeding classes, health fairs, and World Breastfeeding Month 2002 events. To order an additional copy of the lesson, use the Texas WIC Materials Order form and fax to the Publications Coordinator, at (512) 458-7446.
- ***Weaning Your Baby From The Breast*** - stock no. 13-06-11236, English and stock no. 13-06-11236A, Spanish. This brochure is designed to support the above self-paced lesson. This brochure encourages mothers to continue breastfeeding, but offers helpful information on weaning. To order additional copies, please use the Texas WIC Materials Order form and fax to the Publications Coordinator, at (512) 458-7446.
- ***Nursing More Than One*** - a new brochure for mothers of multiples, stock no. 13-06-11289, English and 13-06-11289A, Spanish. Tips on positioning, diet, pumping and resources are included. To order additional copies, please use the Texas WIC Materials Order form and fax to the Publications Coordinator, at (512) 458-7446.

If you have questions or require additional information about these materials, please contact Laurie Coker, Breastfeeding Specialist, Bureau of Nutrition Services, at (512) 458-7111, extension 3573 or laurie.coker@tdh.state.tx.us or Mary Van Eck, Nutrition Education Coordinator, Bureau of Nutrition Services, at (512) 458-7111, extension 3484 or mary.vaneck@tdh.state.tx.us.